Herfstcriterium 2026: Session: 6: COACH evaluation sheet for TEAM: STW

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Goossens Nicole HEADCOACH

Coaches: Vandermeulen Eric

PB => Personal Best time SB => Seasons Best time: Season starting point: first of September.

Event number: 32: 100M FREESTYLE WOMEN 13+ Heat:2, starttime: 14:00

Heat: 2/14 Lane : 7 Athlete: VAN DER GUCHT LOTTE **Q-time: 01:22:20**

PB (25m pool): 01:22.20 DENDERMONDE 14/11/2026 **PB (50m pool):** 01:29.06 **SB:** 01:22.20 DENDERMONDE 14/11/2026

	25 M	50 M	75 M	100 M	
PB		00:39.00		01:22.20	
		00:39.00		*00:43.20*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 32: 100M FREESTYLE WOMEN 13+ Heat:3, starttime: 14:05

Heat: 3/14 Lane : 8 Athlete: SMET LIM **Q-time: 01:18:47**

PB (25m pool): 01:18.47 DENDERMONDE 14/11/2026 **PB (50m pool):** 01:20.58 **SB:** 01:18.47 DENDERMONDE 14/11/2026

	25 M	50 M	75 M	100 M	
PB		00:36.68		01:18.47	
		00:36.68		*00:41.79*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 32: 100M FREESTYLE WOMEN 13+ Heat:11, starttime: 14:15

Heat: 11/14 Lane : 5 Athlete: VAN HUL EMMA **Q-time: 01:06:64**

PB (25m pool): 01:06.64 Temse 31/05/2026 **PB (50m pool):** 01:09.39 **SB:** 01:07.95 DENDERMONDE 14/11/2026

	25 M	50 M	75 M	100 M	
PB		00:32.65		01:06.64	
		00:32.65		*00:33.99*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Herfstcriterium 2026: Session: 6: COACH evaluation sheet for TEAM: STW

Event number: 32: 100M FREESTYLE WOMEN 13+ — Heat:13, starttime: 14:20

Heat: 13/14 Lane : 1 Athlete: PUNZO MICHELLE — **Q-time: 01:05:55**

PB (25m pool): 01:05.55 Temse 31/05/2026 — **PB (50m pool):** 01:09.78 **SB:** 01:06.57 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.70		01:05.55	
		00:31.70		*00:33.85*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 33: 200M MEDLEY MEN 13+ — Heat:1, starttime: 14:25

Heat: 1/10 Lane : 7 Athlete: VERHAGEN MIEL — **Q-time: 03:13:40**

PB (25m pool): 03:13.40 Zwembad De Treffer 06/04/2026 — **PB (50m pool):** 03:18.27 **SB:** 03:13.79 DENDERMONDE 14/11/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:44.33		no time		no time		03:13.40
		00:44.33						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 33: 200M MEDLEY MEN 13+ — Heat:7, starttime: 14:45

Heat: 7/10 Lane : 4 Athlete: MARTENS YWEIN — **Q-time: 02:40:10**

PB (25m pool): 02:40.10 DENDERMONDE 14/11/2026 — **PB (50m pool):** 02:50.98 **SB:** 02:40.10 DENDERMONDE 14/11/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:33.36		no time		no time		02:40.10
		00:33.36						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 33: 200M MEDLEY MEN 13+ — Heat:9, starttime: 14:50

Heat: 9/10 Lane : 6 Athlete: VANHAVERE DAAN — **Q-time: 02:29:06**

PB (25m pool): 02:29.06 Temse 15/11/2026 — **PB (50m pool):** 02:37.66 **SB:** 02:29.06 Temse 15/11/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:31.63		01:11.34		01:56.10		02:29.06
		00:31.63		*00:39.71*		*00:44.76*		*00:32.96*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Herfstcriterium 2026: Session: 6: COACH evaluation sheet for TEAM: STW

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:2, starttime: 15:00

Heat: 2/11 Lane : 4 Athlete: VERCAUTEREN LIENA — **Q-time: 01:38:78**

PB (25m pool): 01:38.78 Sint-Amandsberg 18/10/2026 **PB (50m pool):** no time **SB:** 01:38.78 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:49.31		01:38.78	
		00:49.31		*00:49.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:2, starttime: 15:00

Heat: 2/11 Lane : 7 Athlete: MARTENS WINNE — **Q-time: 01:41:46**

PB (25m pool): 01:41.46 Sint-Niklaas 28/12/2025 **PB (50m pool):** 01:43.21 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:48.84		01:41.46	
		00:48.84		*00:52.62*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:3, starttime: 15:05

Heat: 3/11 Lane : 3 Athlete: BOURFA SALMA — **Q-time: 01:35:39**

PB (25m pool): 01:35.39 Zwembad De Treffer 06/04/2026 **PB (50m pool):** 01:36.38 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:46.74		01:35.39	
		00:46.74		*00:48.65*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:8, starttime: 15:15

Heat: 8/11 Lane : 1 Athlete: DE HERT JANNE — **Q-time: 01:27:55**

PB (25m pool): 01:27.55 Sint-Amandsberg 18/10/2026 **PB (50m pool):** no time **SB:** 01:27.55 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:42.60		01:27.55	
		00:42.60		*00:44.95*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Herfstcriterium 2026: Session: 6: COACH evaluation sheet for TEAM: STW

Event number: 34: 100M BACKSTROKE WOMEN 11-12 **Heat:11, starttime: 15:25**

Heat: 11/11 Lane : 2 Athlete: ROGIERS LOTTE **Q-time: 01:21:89**

PB (25m pool): 01:21.89 EEKLO 04/10/2026 **PB (50m pool):** 01:26.00 **SB:** 01:21.89 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:40.26		01:21.89	
		00:40.26		*00:41.63*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: